

Vegetarian BLT Panini

This sandwich isn't a vegetarian version of a BLT sandwich. It's a superpowered panini dinner that delivers the essence of a hearty BLT without the pork, plus so much more. With tomato jam, fried egg, arugula, and a smoky sweet potato "bacon," it's a sandwich everyone will adore.

20 Minutes to the Table

20 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

6 MEEZ CONTAINERS

Tomato Jam
Panini Bread
Aioli
Sweet Potatoes
Smoky Sauce
Arugula

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and include on top of the arugula prior to adding the egg in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

Good to Know

Health snapshot per serving – 760 Calories, 39g Fat, 90g Carbs, 13g Protein, and 24 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 27g Fat, 90g Carbs, and 20 Freestyle Points by using two-thirds of the Aioli.

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to view YouTube
cooking video



INGREDIENTS: Panini Bread, Sweet Potato, Tomato, Mayonnaise, Red Onion, Arugula, Maple Syrup, White Vinegar, Brown Sugar, Tamar, Cream Cheese, Mozzarella, Balsamic Vinegar, Liquid Smoke, Chipotles in Adobo, Basil, Paprika, Black Pepper, Lemon Zest, Oregano.

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1. **Make the Tomato Jam**

Heat a medium saucepan over medium heat. Add the **Tomato Jam** and cook, stirring occasionally, until the mix has a jam-like consistency, about 10 to 12 minutes. Turn off the heat and set aside until step 5.

2. **Toast the Panini Bread**

While the jam is cooking, lightly brush both sides of the **Panini Bread** with olive oil. Heat a large skillet or griddle over medium-high heat and toast both sides of each slice, about 2 to 3 minutes per side. (You may need to work in batches depending on the size of your pan.) Spread a generous helping of **Aioli** on half the toasted bread and transfer these slices to the serving plates. They will be the sandwich bottoms. Set the other pieces (the tops) aside. Wipe out the skillet.

3. **Create the Smoky Sweet Potato “Bacon”**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 6 to 7 minutes. Add the **Smoky Sauce** and cook, stirring continuously, until the sweet potatoes are well coated, 2 to 3 additional minutes. Remove from the heat and arrange the sweet potatoes in a single layer on the sandwich bottoms (the half with the aioli). Then layer the **Arugula** on top of the smoky sweet potato “bacon.” Wipe out the skillet.

4. **Fry the Eggs**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack 2 eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Remove from the skillet and place on top of the arugula.

5. **Put It All Together**

Spread the tomato jam on the sandwich tops and then press them down firmly to close the sandwich. Use a knife to slice in half and enjoy!

Instructions for two servings.

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